

November

SNACK Menu



Monday | 8



Goldfish Pretzels
Hummus Dip

Tuesday | 9



Lowfat Yogurt
• Diced Pears

Wednesday | 10



Cheerios
• Nonfat 1% White
Milk

Thursday | 11

NO SCHOOL

Friday | 12



Whole Grain Bagel
& Cream Cheese
Fresh Apple Slices



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or
1% hormone-free milk
provided at every meal

Food Celebrations

Welcome Back! Here are
some exciting ways to
stay engaged with your
food this school year.

Super Bites 11/10

Fall Harvest/Holiday

Meal 11/23

International food day

11/9

Chickpea and Potato
Curry

Open Meal Sites

Ballou High School
Columbia Heights
Education Campus

This menu is subject to change based upon availability

November

SNACK Menu



Monday | 15



Bunny Grahams
Applesauce

Tuesday | 16



Giant Goldfish
Grahams
• Mixed Fruit Cup

Wednesday | 17



Cinnamon Chex
Nonfat 1% White
Milk

Thursday | 18



Crunchy Granola
w/ Lowfat Yogurt

Friday | 19

- Mozzarella String
Cheese
- Diced Peaches



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Monday | 22



Goldfish Pretzels
Hummus Dip

Tuesday | 23



Lowfat Yogurt
• Diced Pears

Wednesday | 24 NO SCHOOL

Thursday | 25 NO SCHOOL

Friday | 26 NO SCHOOL



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SNACK Menu



Monday | 29



Bunny Grahams
Applesauce

Tuesday | 30



Giant Goldfish
Grahams
• Mixed Fruit Cup

DECEMBER

Wednesday | 1



Cinnamon Chex
• Nonfat 1% White
Milk

DECEMBER

Thursday | 2



Crunchy Granola
w/ Low-fat Yogurt

DECEMBER

Friday | 3

- Mozzarella String
Cheese
- Diced Peaches



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